**April 2020**

**Staying Well and Staying Informed during the COVID-19 Pandemic**

**Resources to stay informed:**

**California Department of Public Health - COVID-19**

*Website:* [*cdph.ca.gov/covid19*](https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/ncov2019.aspx)  ***Info***

**COVID 19 Information Line:**  
**For General Public Information:**  
(916) 558-1784

**COVID 19 Information Line:**  
1-833-544-2374

**What should you do if you think you're sick?**

**Call ahead:** If you are experiencing symptoms of COVID-19 and may have had contact with a person with COVID-19, or recently traveled to countries with apparent community spread, call your health care provider before seeking medical care so that appropriate precautions can be taken.

[Necesito Hacerme La Prueba Del Covid-19? (PNG)](https://www.cdph.ca.gov/Programs/CID/DCDC/CDPH%20Document%20Library/COVID-19/Get-Tested-Spanish-Web.png)

**What if I don’t have health insurance and I need screening or treatment for COVID-19?**

* Check with your local [community health center](https://findahealthcenter.hrsa.gov/) or hospital to see if fees for testing can be waived
* See if you’re eligible for [Medi-Cal](https://www.dhcs.ca.gov/services/medi-cal/Pages/DoYouQualifyForMedi-Cal.aspx" \t "_blank" \o "Medi-Cal)
* See if you’re eligible for [Covered California](https://www.coveredca.com/)

<https://www.sandiegocounty.gov>

# **Relevant and Informative Resources**

* County of San Diego: [Coronavirus Disease 2019 (COVID-19) Website](https://www.sandiegocounty.gov/coronavirus.html)
* CDC: [Mental Health & Coping During COVID-19](https://www.cdc.gov/coronavirus/2019-ncov/about/coping.html)
* CDC: [Stigma and Resilience During COVID-19](https://www.cdc.gov/coronavirus/2019-ncov/about/related-stigma.html)
* CDC: [Helping Children Cope with Emergencies](https://www.cdc.gov/childrenindisasters/helping-children-cope.html)
* SAMHSA: [Taking Care of Your Behavioral Health: Social Distancing](https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf)
* California Department of Public Health: [Guidance Documents](https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Guidance.aspx)
* Administration for Community Living: [Adults with Disabilities and Seniors](https://acl.gov/COVID-19) (also available in [Spanish](https://acl.gov/sites/default/files/common/AOD%20COVID-19%20%20Qu%C3%A9%20deben%20saber%20los%20adultos%20mayores%20y%20las%20personas%20con%20discapacidad%20ACL%20--%203-11-20.docx))
* [CDC.gov](https://www.cdc.gov/)

# **Online and Phone Supports**

# [Access & Crisis Line](https://www.optumsandiego.com/content/sandiego/en/access---crisis-line.html): If you need support or are actively seeking services, please call the ACL at 1 (888) 724-7240, and an experienced counselor will provide you with a referral to meet your needs and help determine eligibility.

* [2-1-1 San Diego](https://211sandiego.org/): Dial 2-1-1, or visit [www.211sandiego.org](http://www.211sandiego.org/), for access to community, health, social, and disaster services. The call is free, confidential, and available in more than 200 languages with access to 6,000+ services, resources and programs through our online database.
* [SAMHSA's Disaster Distress Line](https://www.samhsa.gov/find-help/disaster-distress-helpline): Call 1-800-985-5990 or text TalkWithUs to 66746 to connect with a trained crisis counselor
* [Teen Line](https://teenlineonline.org/): Phone lines will temporarily be closed starting Friday March 13th, text lines and email will remain open. Text "TEEN" to 839863 between 6:00pm-9:00pm PST to receive person teen-to-teen education and support.
* [The Peer-Run Warm Line](https://www.mentalhealthsf.org/peer-run-warmline/): Call 1-855-845-7415 for peer-run non-emergency emotional support.

**Local and health authorities on Twitter**

## [Media posted by CDC](https://twitter.com/CDCgov/status/1248334879026286592?ref_src=twsrc%5egoogle|twcamp%5eserp|twgr%5etweet)Twitter Results

[[Profile picture for CDC](https://twitter.com/CDCgov?ref_src=twsrc%5egoogle|twcamp%5eserp|twgr%5eauthor)](https://twitter.com/CDCgov?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor)

[CDC  
@CDCgov](https://twitter.com/CDCgov?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor)

Most people who get #COVID19 will get better at home. If you are caring for someone who is sick: Have the person stay in a separate room and use a separate bathroom (if possible). • Check how they are feeling but limit face-to-face contact. More tips: [bit.ly/3a5uKZo](https://bit.ly/3a5uKZo).

Twitter · 1 hour ago

[[Profile picture for Office of the Governor of California](https://twitter.com/CAgovernor?ref_src=twsrc%5egoogle|twcamp%5eserp|twgr%5eauthor)](https://twitter.com/CAgovernor?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor)

[Office of the Governor of California  
@CAgovernor](https://twitter.com/CAgovernor?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor)

[[](https://twitter.com/CAgovernor/status/1248327477434503179?ref_src=twsrc%5egoogle|twcamp%5eserp|twgr%5etweet)](https://twitter.com/CAgovernor/status/1248327477434503179?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Etweet)

CA is fighting to protect those who are protecting us. Starting tomorrow, CA will provide frontline health care workers with hotel rooms at no-or low-cost & free flights for CA's Health Corps. #StayHomeSaveLives

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